

Sauna Clothing Packing Checklist

A quick printable for gym, spa, hotel, public, or home sauna visits. Facility rules always come first.

Before You Pack

- Check the facility's dress code and towel policy.
- Check whether swimwear, a towel, or another form of coverage is required.
- Check whether footwear is allowed inside the sauna or only in wet/changing areas.

Pack These

- Clean towel or seat cover, if required or useful for the venue.
- Facility-approved swimwear, if the dress code requires it.
- Loose, clean, breathable change of clothes.
- Fresh undergarments for after the session.
- Optional sauna hat, if you already use one and the venue allows it.
- Slip-resistant footwear for showers/changing areas, if the facility permits it.
- Small bag for damp swimwear or towels.

Better Left Outside the Sauna

- Metal jewelry or accessories that can become hot.
- Tight or heavy workout clothing that feels restrictive in heat.
- Sweaty gym clothes you have just exercised in.
- Strongly scented products when the facility discourages them.
- Anything prohibited by posted facility rules.

Quick reminder

There is no universal sauna dress code. A gym, hotel, spa, public sauna, and private sauna may all use different rules. When signs and local custom differ from this checklist, follow the facility.